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Lemons, Grapefruit and
Bananas.

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COMPANY**



By every standard of
value, these shoes are
worth more

A pair of shoes can either mar
or "make" Milady's appearance.

They also can wreck or increase
her happiness.

Without comfort, style is a
mockery. Without style, comfort
brings little solace.

Hirth-Krause shoes make Mi-
lady's feet glad, and meet the
vogue decrees to the strictest
detail.

Let the Hirth-Krause dealer tell
you what anatomically correct
footwear means to you.

Hirth-Krause
Shoemakers for three generations
Shoes

More miles per dollar
More smiles per mile.



LEADING CITIZENS OF STATE UNITE TO ASSIST NEEDY

THIRTY-FOUR MICHIGAN NAMES
ON LIST OF VOLUNTEERS
FOR HUMANITY.

EVERY COMMUNITY TO BE
ENROLLED IN GREAT CAUSE

Will Seek Means For Carrying On
Relief Through Salvation Army
Home Service.

Thirty-four leading citizens of
Michigan have offered their services
to assist in providing relief for their
needy fellowmen, as members of the
Michigan State Citizens' Committee
for Service to Humanity, it was an-
nounced by Edwin Denby, of Detroit,
state chairman, as follows:

Frank J. Adams, Rogers City; Fred
M. Alger, Detroit; Mrs. E. A. Blake-
lee, St. Joseph; M. D. Bryant, Traver-
se City; Leon Chichester, Petoskey;
J. M. Clark, Bad Axe; W. Glen Cowell,
Coldwater; Mrs. Caroline Bartlett
Crane, Kalamazoo; G. J. Diekema,
Holland; J. Dallas Dort, Flint; Herb-
ert H. Dow, Midland; M. M. Duncan,
Ishpeming; W. N. Ferris, Big Rapids;
Eugene Foster, Gladwin; A. H.
Gansser, Detroit; Mrs. E. R. Hannah,
Traverse City; William Webb Har-
mon, Menominee; J. B. John, Newaygo;
Henry Knowlton, Cadillac; Harry Lar-
will, Adrian; George Millen, Ann
Arbor; J. W. Moore, Houghton; Henry
S. Myers, Caro; Glen Overton, Al-
legan; Dr. William M. Payne, Suttons
Bay; Richard Pearson, Sandusky;
Thomas Read, Shelby; R. Perry
Shorts, Saginaw; O. E. Sovereign,
Bay City; Charles E. Townsend,
Jackson; Hugh VandeWalker, Ypsil-
anti; G. H. Wood, Monroe; Nelson
Sharpe, West Branch, and James Mc-
Naughton, Calumet.

Every section of the state as rep-
resented in the personnel of the com-
mittee which will seek means of pro-
viding food, clothing, fuel, medical
attention, household aid, social wel-
fare and kindred necessities for those
less fortunate persons with whom the
long established home service activi-
ties of the Salvation Army come in
most direct contact.

Funds to carry on this service in
1920 through the Salvation Army will
be sought during the national appeal,
May 10 to 20. Meanwhile every local
community is being organized in an
effort to spread a thorough under-
standing of the value of such service
to mankind everywhere.

Chairman Denby made public a
copy of a resolution adopted by the
American Legion of Michigan, in
which the Legion declares it "desires
to place its membership on record as
heartily supporting the work of the
Salvation Army for the suffering and
needy in time of peace and urges its
members everywhere to encourage the
carrying on of humanitarian work in
our state through the Salvation Army,
and to lend their personal aid and in-
fluence to any organized movement
that will enable this splendid organ-
ization to continue."

SALVATION ARMY SPENDS \$292,951 IN MICHIGAN AID

REPORT OF STATE COMMANDER
SHOWS FUNDS INADEQUATE
FOR HOME SERVICE.

WOMEN'S RESCUE FEATURE
AND POOR ARE BIG ITEMS

Careful Estimate Gives 1920 Requir-
ments At \$492,000 For Worthy
Aid Throughout State.

Relief in the form of food, clothing
and shelter for needy families in
Michigan, including those of prisoners,
and the search for missing persons
from this state, cost the Salvation
Army \$31,262.42 the past year.

The figures are revealed in an of-
ficial statement made public by Lieut.
Col. Albert E. Kimball, provincial com-
mander for Michigan. The financial
report does not include the Upper Pen-
insula, records of which are kept un-
der another provincial jurisdiction.

Medical attention alone for the sick
poor cost the Salvation Army \$4,255.14,
while work among the young people,
including fresh air rest camps for poor
children and jaded mothers, cost
\$5,000. One of the largest items in
the provincial commander's report is
the \$40,321.87 spent by the women's
rescue department, a branch of Sal-
vation Army work that is regarded as
particularly vital to local communities.

The total cost of rendering service
to needy humanity in Michigan, in-
cluding the portion required for ad-
ministering this relief in a national
way, amounted to \$292,951.61, which
was \$6,287.19 more than receipts ob-
tained from this section of the state.

Following a careful preliminary
survey of needs and requirements,
the 1920 budget for Michigan has been
set at \$411,000, exclusive of \$81,000
apportioned to the Upper Peninsula.
An appeal for this amount will be
made here May 10-20 to be spent here
during the next twelve months for
welfare purposes definitely explained
in the foregoing paragraphs.

How to Live

Common Sense Comments on
Health, Happiness and
Longevity

By GEORGE F. BUTLER,
A. M., M. D.

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SLEEP.

Good sleep is absolutely essential to
good health. Broken, irregular sleep,
if long continued, is bound to result
in nervous and physical breakdown.
Different people require different
amounts of sleep, but there are few
who can keep healthy and do their
best work on less than eight hours' sleep
in the twenty-four. Continuous
curtailing of the sleep, even if it be
slight, is more serious than the occa-
sional loss of many hours. It renders
the mind heavy and sluggish; it makes
one irritable and impatient, and great-
ly diminishes the power of good work.
Sleep must be natural, dreamless, rest-
ful. Such a sleep cannot be produced
by drugs; neither will it come to the
man who eats and drinks to excess, or
who does not get good sleep, and who
eats, drinks, and smokes to excess, is
breeding a bunch of trouble that is
bound to overtake him sooner or later,
almost invariably about middle life, or
soon after. The irregular life of the
society man or man about town can-
not be combined with that of the stren-
uous business man with impunity.
Drugs and stimulants won't help you.
You cannot drug yourself into society
or business.

By the aid of sleep we recover the
energy we have used for the day, and
actually accumulate and store up en-
ergy. The foolish man tires out his
mind and body and then resorts to
drugs to get to sleep. He is a slave
to his conscious mind; he depends on
his body, with its cerebro-spinal sys-
tem that tires and wears out easily.
The wise man, whether he is energetic
or slow, depends on his subconscious
mind, which he opens to all elevating
influences. It is he who lives the real
life, whether it be short or long. And
if you could know his mind, his inner
life of thought, you would find that he
never allowed mundane matters to in-
terfere much with the amount of rest,
including sleep, that he had learned
to be necessary for his good health.
On going to bed at night, after taking
breathing exercise, you should under-
stand that first of all it is wrong
to attempt to force sleep, for that will
prevent you from sleeping if anything
will. It will make you anxious, and
anxiety is death to sleep. Just assume
a natural, easy position in the bed and
give yourself up to the soothing influ-
ence of the night. The subconscious
will do the rest, in ordinary circum-
stances. But if sleep should not come
at once, don't worry. A variety of
reasons for sleeplessness may exist,
but they mostly resolve themselves into
one, namely, a tendency to think in-
stead of casting all thought from the
mind. After a little practice, you can
learn to submit yourself to rest with-
out thought, leaving everything to the
subconscious mind. Outdoor sleep-
ing is preferable, but plenty of fresh
air is imperative. The bed clothing
should be light and porous, but suf-
ficient to keep the body warm. A good
mattress, and not too high a pillow
are essential. When you awaken in
the morning you may lie a moment,
getting used to the change from sleep,
and then you should get up. Do not
lie there dozing. Dozing in bed in the
morning often will be enough to set
the tone for an entire day of weari-
ness. You would better get up even
if you do not feel fully rested. You
will sleep the surer and the better for
it during the coming night. LEARN
HOW TO LIVE.

When you retire for the night, you
are not to ask yourself whether the
day has been a good day or a bad
day. You are not to review the past,
or look forward into the future. You
should empty your mind of all con-
scious thought.

The men of iron frames and ligum-
tine nerves, of muscles wrought of
the heart of oak, of giant energy and
heroic endurance, are the very men
who presume upon the inexhaustibility
of their physical capital and soonest
become bankrupt in vitality.

You must sleep well, if you mean to
work well. You must have body and
mind in good working order; and they
will not be in good working order un-
less you sleep regularly, steadily, and
enough.

I am convinced, both by faith and
experience, that to maintain one's self
on this earth is not a hardship but a
pastime if we will live simply and
wisely.

Resist the temptation at any cost
to induce sleep by means of drugs, for
if a sensible life is led, the blessed
gift of sleep is sure to come.

The best immediate preparation for
sleep is the confidence that one will
sleep, and indifference if one does not.

You have no right in any day to fix
our more fatigue than the sleep at the
next night will recover from.

Not an early riser but he who gets
the best sleep wins the worms.



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